

## MALE BREAST CANCER

Each year somewhere between one thousand and 1500 men are diagnosed with breast cancer. Even though that is roughly equivalent to a full strength Battalion, or under-strength Brigade, it is not enough men for a good understanding of Male Breast Cancer (MBC). However, medical professionals believe that MBC accounts for approximately 0.5% of all breast cancer deaths, 0.2% of all cancers in males, and 0.08% of cancer deaths in men, and they estimate that between 200 and 400 men die from MBC each year.

The signs and symptoms of breast cancer in men are:

- Discharge from the nipple (usually bloody)
- Inversion of the nipple
- A lump in the breast, and
- Occasionally, local pain, itching or a pulling sensation.

Since mammography is not used on men, self-examination is especially important. In men breast cancer tends to be more fast growing and invasive, and self (or 'partner') examination is the way most men discover they might have MBC in the early stages of the disease when it is most treatable.

The treatment of MBC is the same for men as for women. It usually includes a combination of surgery, radiation, chemotherapy, and/or hormone therapy. Because they are less likely to report symptoms, and because there has been little emphasis put on early detection in males, men who have breast cancer are usually diagnosed at a later stage, after the cancer has spread to other parts of their body. Therefore, like women with breast cancer detected in later stages, their survival rate is not good.

Risk factors for MBC may include a family history of breast cancer, testicular dysfunction, Gynecomastia (overdeveloped breasts), Klinefelter's syndrome, and simply growing older. There are too few cases to examine ethnic diversity in the incidence of male breast cancer. All men, of whatever age, who notice changes in their chest/breast area should tell their medical professional.

For further information on MBC visit

<http://www.cancercareinc.org/campaigns/breastcancer5.htm>

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